



**Avoid a  
Hospital Stay.  
Get Your Flu  
Shot Now!**

[www.healthri.org](http://www.healthri.org)

# If you are 50 or older, get your flu shot now!

*Ask about a pneumonia shot too!*

Flu or pneumonia can make you very sick! You may even land in the hospital. In fact, people sometimes die from flu or pneumonia. Getting the shots can help keep you healthy! Get your shots now! Remember, Medicare, Part B, pays for both the flu and pneumonia shot.

## FLU

- You need a flu shot **every** year. *(Last year's shot won't work this year.)*
- You won't get the flu from the shot!

## IF YOU ARE 18 - 50:

It is important for people with certain health problems to get the flu and pneumonia shots. These health problems include: people with heart or lung disease, diabetes, asthma or other long-term illnesses.

## PNEUMONIA

- Most times, you only need one pneumonia shot in your life.
- Ask your doctor if you have had one before. If not, ask for one.

**Where can I get a  
flu or pneumonia shot?  
Call the flu hotline at  
1-800-555-7858**



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